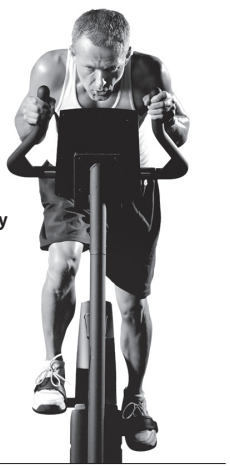
mio® ENERGY PRO

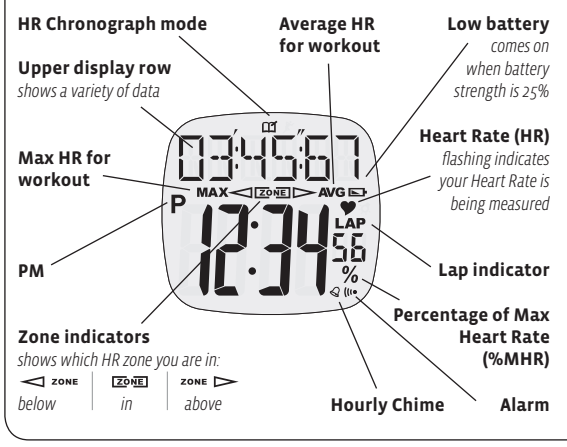
User Guide



- → **on-demand heart rate (HR) with Smart Touch technology**
- → **continuous heart rate with chest strap**
- → **ECG accurate**
- → **track calories burned during the day**

User's guide and how-to videos available at www.mioglobal.com

A. MIO ENERGY PRO AT-A-GLANCE

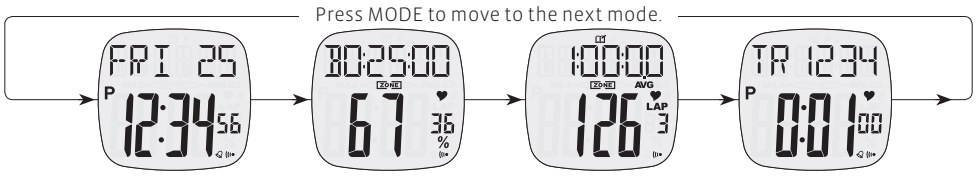


To use LIGHT: Press LIGHT button to turn on the backlight. Light will stay on for 4 seconds or until any button is pressed.

Smart Touch Sensor Ring
LIGHT button
turns on backlight
MODE/SET button
switches modes (hold to enter/exit SET mode, press to move to next setting)
START/LAP/ STOP/+ button
starts/stops timer and chronograph, starts new lap, increases value
RESET/ SUB/– button
resets timer and chronograph, decreases value, scrolls through HR Chronograph mode
ENERGY PRO

B. MODES OF OPERATION

Press MODE to move to the next mode.



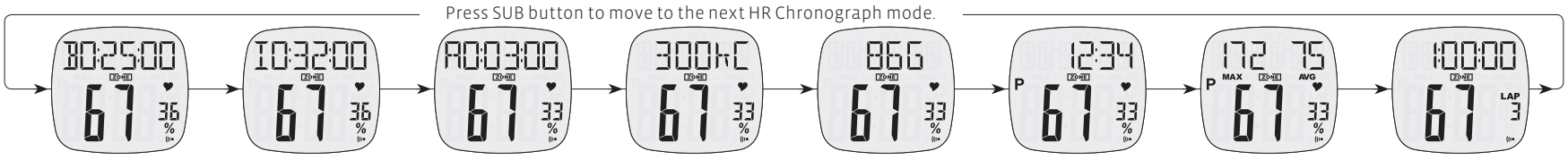
TIME
- Display time, day of the week and date.

HR CHRONOGRAPH
- **Press SUB button to enter HR CHRONOGRAPH mode**

HR CHRONO MEMORY
- Displays HR statistics

COUNTDOWN TIMER
- Set and display countdown timer

Press SUB button to move to the next HR Chronograph mode.



TIME BELOW
- Display time spent below your heart rate Zone

TIME IN
- Display time spent in your heart rate Zone

TIME ABOVE
- Display time spent above your heart rate Zone

CALORIES BURNED
- Displays calories burned during a workout

FAT BURNED
- Displays grams of fat burned during a workout

CURRENT TIME
- Displays current time

MAX + AVERAGE HR
- Maximum and average heart rate during a workout

TOTAL TIME
- Displays total workout time

C. QUICK GUIDE TO TAKING YOUR HEART RATE WITH THE SMART TOUCH TECHNOLOGY SENSOR

Place any finger or your palm anywhere on the Smart Touch sensor.

Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. Heart icon will flash.

Wait for heart rate readout (3–8 seconds). MIO will beep when the reading is ready.
Your heart rate will remain displayed for 5 seconds after you release the sensor button.

D. QUICK TIPS

SHORT CUTS

- To exit from any SET mode without going through all settings, hold MODE button for 2 seconds.
- To access ALARM mode, hold START button in TIME Mode.

SET MODES

Whatever mode you are in, hold the MODE button to enter its SET mode:

1. Hold MODE 2 seconds. If beep function is turned on, beep will sound. Value you are setting will flash.
2. Press + or – to adjust the value. To scroll automatically, hold + or –.
3. When value is adjusted, press SET again.
4. Repeat steps 2 and 3 as needed or hold MODE for 2 seconds to exit the SET mode.

E. SET TIME, DATE & PERSONAL PROFILE

MIO uses your personal information to calculate calories burned during exercise. Update your weight regularly for greatest accuracy in MIO's calculations.

- In TIME mode, hold SET button until seconds blink. If beep function is turned on, your MIO will also beep.
- To reset seconds to zero, press + or –. Otherwise, press SET to move to next setting.
- To set MINUTES, press + or –. To scroll quickly, hold + or –. Press SET.
- Do the same to select HOUR. Press SET.
- Use + or – then press SET to adjust YEAR, MONTH, DAY.
- Use + or – to switch between 12HR or 24HR clock. Press SET.
- Repeat to turn on/off hourly CHIME and beep, and to select GENDER.
- Use + or – to adjust birth year. Press SET.
- Use + or – to switch to CM or IN. Press SET. Use + or – to adjust HEIGHT. Press SET.
- Use + or – to switch to LB or KG. Press SET. Use + or – to adjust WEIGHT. Press SET.
- To stop making changes at any time, hold SET to return to TIME.

F. SET ALARM

Daily alarm sounds for 60 seconds; press any button to stop alarm.

- To set ALARM, hold START button in TIME mode. If beep function is turned on, beep will sound.
- To turn ALARM ON or OFF, press + or – button. Press SET.
- Use + or – to adjust the HOUR; press set. Use + or – to adjust the MINUTE, then press set. To scroll quickly, hold + or –.
- Hold SET to return to TIME.

G. TAKING YOUR HEART RATE

The Mio ENERGY PRO gives you the option and flexibility to obtain your heart rate with a chest strap for continuous readings, or by using the Smart Touch Technology for on-demand heart rate.

ON-DEMAND HEART RATE WITH SMART TOUCH

If you're not wearing your chest strap and wish to take your heart rate, you can do so from any mode (except SET modes).

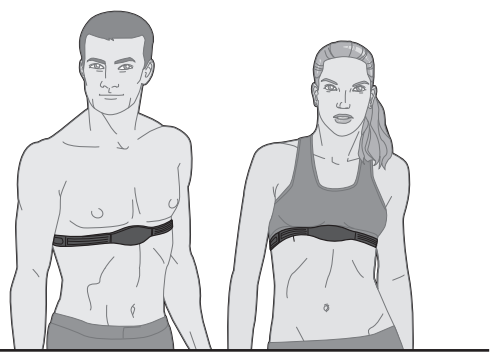
With MIO'S Smart Touch Technology, obtaining your on-demand heart rate by touch has never been easier. You can get a reading by placing any part of your hand—finger(s), palm—anywhere on MIO's stainless steel ring. Smart Touch gives you the flexibility to get your heart rate in the way you find the most comfortable.

- Make sure the caseback is in good contact with your wrist.
- Wait for the heart rate display (about 5 seconds). Your MIO will beep to let you know the reading is ready.
- A one-time read out of your heart rate in beats per minute (BPM) will display. The small digits at the right display the percentage of your maximum heart rate (%MHR). MIO calculates this percentage using your personal data. A maximum heart rate is an estimate with a variability of up to 15 BPM.
- The display returns to the previous mode 5 seconds after removing your finger pads from the MIO Smart Touch sensor ring.
- Smart Touch uses a very sensitive sensor which could be accidentally triggered under water. It is not recommended to use this watch for frequent swimming activities.

CONTINUOUS HEART RATE WITH CHEST STRAP

The chest strap facilitates continuous heart rate display in HR CHRONOGRAPH mode.

- Put on your Mio ENERGY PRO watch.
- Attach elastic belt to transmitter unit and fasten around your chest. Ensure strap is snug below the pectoral muscles, but not constricting.
- Press MODE button to go to HR CHRONOGRAPH mode.
- Watch locates heart rate signal in about 8 seconds.
- Heart rate displays in beats per minute (BPM) and your % of Maximum heart rate (%MHR).



TROUBLESHOOTING POINTERS

- If you don't get your heart rate within 10 seconds when using the Sensor Ring, moisten finger pads and try again. It helps to wear your MIO for a little while to allow a layer of moisture to build up between the back of the watch and your arm. Do not press too hard on sensors.
- If you don't get a continuous readout when using the chest strap, check that strap and watch are properly positioned and fastened.
- Body hair or a thin layer of body grease may also interfere with the signal: if you wish, shave the area beneath the transmitter; to remove body grease, wipe chest/wrist and back of chest strap/watch with tissue or soft cloth.
- Exercising vigorously with a lot of arm movement or body motion can cause "muscle noise" that may prevent MIO's Sensor Ring from detecting a HR signal. Lighten pressure of

fingers on Sensor Ring. If you still can't get an HR reading, we recommend using the chest strap with its continuous readout, instead of the on-demand Sensor Ring.

- In dry or hot climates, you may need to wait a few minutes for a layer of perspiration to form between your skin and your chest strap. To speed this process, moisten electrodes with water or ECG conductive gel.
- If your heart rate varies, note that fluctuations are normal in a healthy heart; in fact, the healthier your heart is, the more variation you could see. However if MIO's calculations start to vary significantly from what you have come to expect, replace MIO's battery (see Section M).
- If the digits freeze or the face is blank, replace MIO's battery (see Section M).
- To optimize readings, occasionally clean the back of your MIO case and the Sensor Ring with a clean, soft cloth.
- If you can't get a stable readout when using the chest strap, avoid being too close to areas with electrical field interference such as computers, motors & overhead power lines.

H. HEART RATE CHRONOGRAPH

Mio ENERGY PRO has a 10-hour, 25-lap CHRONOGRAPH. When you wear your chest strap and activate the HR CHRONOGRAPH mode, it will monitor, record and display all current workout information such as calories burned, fat burned, heart rate in zone & out zone time, average heart rate and max heart rate. It will also save your average heart rates and lap times to the memory for you to review later.

I. TARGET HEART RATE ZONE AND DAILY ACTIVITY LEVEL

MIO uses your personal information to calculate your maximum heart rate (MHR) and to determine your heart rate Zones. Before beginning exercise, you may set a desired intensity level or TARGET ZONE based on the heart rate (HR) Zones in the chart below. Or, you may set your own Target Zone (User Defined); choose your own upper and lower limits. If you go over or under the %MHR limits in your selected zone, an alarm will sound in the HR CHRONOGRAPH Mode only.

SET TARGET HEART RATE ZONE AND DAILY ACTIVITY LEVEL

Press MODE button once to go to HR CHRONOGRAPH mode.

- To adjust TARGET ZONE and DAILY ACTIVITY LEVEL, hold SET button.
- To choose HR TARGET ZONE, use + or – to scroll through HEALTH, FAT-B, AEROBIC, and USR (user defined). Press SET. (see chart below).

HR Zone	%MHR	Workout Intensity
Healthy Heart (HEART)	50–65%	Brisk walking or strength training; improves health, but not necessarily fitness; helpful to patients with heart disease, obesity and arthritis.
Fat Burn (FAT_B)	65–75%	Slow to moderate jogging; suitable for beginners and warming up; longer sessions required to burn fat and lose weight.
Aerobic or Training (AEROBIC)	75–85%	Easy to moderate running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally.

- To turn Zone Alarms ON or OFF, use + or – then press SET.
- To adjust Target LOWER LIMIT (ZONE-L), use + or –, then press SET. Repeat to adjust UPPER LIMIT (ZONE-U).
- To adjust Daily Activity Levels HIGH, MEDIUM, LOW (see chart below).

Daily Activity Level	Description
Sedentary (Low)	You sit most of the day at work and at home. You drive or ride in a car to get around.
Moderately Active (Medium)	You are more active at work and at home; you ride to work, use stairs, do housework.
Very Active (High)	You are very physically active at work and at home, performing strenuous physical labor.

- To stop making changes at any time, hold SET to return to HR CHRONOGRAPH.

J. HOW TO USE CHRONOGRAPH

- Press MODE to HR CHRONOGRAPH mode.
- Press START to start CHRONOGRAPH.
- To time a lap, press LAP button. Split time will display for about 5 seconds and CHRONOGRAPH will resume.
- To stop CHRONOGRAPH, hold STOP for 2 seconds.
- To reset CHRONOGRAPH and erase all lap and split times, hold RESET button. NOTE: to view HR data in MEMORY, DO NOT RESET TIMER.

TO DISPLAY DIFFERENT WORKOUT DATA

In HR CHRONOGRAPH mode, press SUB button to scroll through: Time below HR Zone → Time in HR Zone → Time above HR Zone → Calories Burned → Fat Burned → Current Time → Maximum and Average HR → Total Workout Time.

For more information on data displayed in HR CHRONOGRAPH mode see Section B.

K. CHRONOGRAPH MEMORY

TO REVIEW LAP TIMES AND AVERAGE HR

- Press MODE to go to CHRONOGRAPH MEMORY mode. The pen and notebook icon will display at top. Total WORKOUT TIME, AVERAGE HR and total # LAPS (tL) will display.
- To scroll through LAP times and AVERAGE HR for each lap, use + or –.

L. COUNTDOWN TIMER

In addition to the heart rate chronograph, your Mio ENERGY PRO has an independent 10-hour Countdown Timer. You can use it as the warm-up timer or rest timer for your workout.

TO SET COUNTDOWN TIMER

- Press MODE three times to go to COUNTDOWN TIMER mode.
- Hold SET 2 seconds.
- Press + or – to adjust HOURS. Press SET.
- Repeat for MINUTES and SECONDS.
- Hold SET for 2 seconds to finish set up.

TO USE COUNTDOWN TIMER

- In COUNTDOWN TIMER mode press START button.
- Timer will beep during last 10 seconds and then beep rapidly for 15 seconds when countdown reaches zero.

To pause or stop at any time, press STOP. Press START to resume count.

To pause and reset COUNTDOWN TIMER, press STOP and then hold RESET for 2 seconds. Press START to begin timer again.

M. BATTERY CHANGE

Mio ENERGY PRO watch uses one CR2032 battery; the chest strap uses one CR2032 battery as well.

TO CHANGE WATCH BATTERY

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

Important: Improper battery replacement may cause damaged to your watch and may void the warranty.

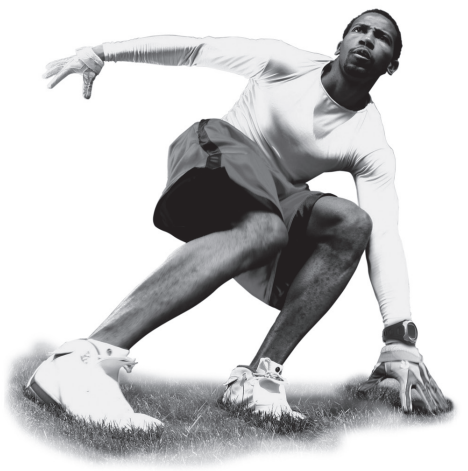
TO CHANGE CHEST STRAP BATTERY

The wireless heart rate transmitter is powered by one CR2032 lithium battery. Under normal conditions you can expect to get 300–400 hours of use. To replace the battery:

- Using a coin, turn the battery hatch counter clockwise until the hatch comes off.
- Take care not to damage the O-ring seal. Carefully remove the battery.
- Place a new battery in the compartment. Make sure the positive (+) side is facing outward.
- Make sure the O-ring is in place, align the hatch over the compartment and carefully tighten in a clockwise direction.

Note: If the O-ring is damaged, replace it before reinstalling the hatch. Most jewelers and watch shops carry replacement O-ring seals.

Important: To ensure the chest strap remains water-resistant, care must be taken to properly set the O-ring seal. Failure to correctly seal the hatch may cause the unit to become damaged and may void the warranty.



mio® **MOVE MEASURE MOTIVATE**

WARRANTY AND REPAIRS CONTACT

MIO Watch Service Center
7501 N Harker Drive, Peoria, IL 61615
Toll-free: **1-877-770-1116** • Fax: **1-309-689-6543**
www.mioglobal.com

DISCLAIMER

THE MATERIAL IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET & WEBSITE IS FOR INFORMATION PURPOSES ONLY. THE MIO WATCH DESCRIBED IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE, DUE TO THE MANUFACTURER'S CONTINUOUS DEVELOPMENT PROGRAM. THE MIO WATCH, INSTRUCTION GUIDE & MIOSENSE BOOKLET ARE INTENDED TO SUPPORT A SENSIBLE APPROACH TO HEALTH & FITNESS. THEY ARE NOT INTENDED TO REPLACE PROFESSIONAL MEDICAL ADVICE RELATED TO DIET, EXERCISE OR WEIGHT LOSS. PHYSI-CAL ENTERPRISES SHALL NOT BE LIABLE FOR ANY DAMAGES, DIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO, THE USE OF MIO & ACCOMPANYING DOCUMENTS. IF YOU EXPERIENCE SEVERE OR PROLONGED DISCOMFORT OR PAIN AT ANY TIME, SEE YOUR DOCTOR IMMEDIATELY. THE INFORMATION IN THE INSTRUCTION GUIDE & MIOSENSE BOOKLET IS INTENDED TO BE USED AS A GENERAL GUIDE ONLY & MAY NOT BE APPROPRIATE TO SPECIFIC USERS. IN PARTICULAR: MAXIMUM HEART RATE. CONSULT A DOCTOR TO DETERMINE YOUR PERSONAL MAXIMUM HEART RATE. MIO USES COMPLEX FORMULAE THAT GENERALLY PREDICT THE HR BASED UPON STUDIES OF SUBJECTS WITH HEALTHY HEARTS. THE PERCENTAGE OF MAXIMUM CALCULATIONS ARE NOT TO BE RELIED UPON ESPECIALLY IF YOU HAVE A HISTORY OF HEART DISEASE, STROKE, HIGH OR LOW BLOOD PRESSURE, DIABETES, ASTHMA OR OTHER CIRCULATORY OR RESPIRATORY CONDITIONS. CALORIE TARGET & EXPENDITURE: RELIANCE ON INAPPROPRIATE INTAKE & EXPENDITURE TARGETS MAY RESULT IN EXCESSIVE WEIGHT GAIN OR LOSS, FAINTING, DIETARY DEFICIENCIES OR OTHER ADVERSE MEDICAL CONSEQUENCES. CONSULT A DOCTOR TO DETERMINE WHAT CALORIC INTAKE & EXPENDITURE TARGETS ARE APPROPRIATE FOR YOU. MIO, WHILE DESIGNED TO PROVIDE AN ECG-ACCURATE HEART RATE, IS NEITHER DESIGNED NOR WARRANTED FOR MEDICAL USE & SHOULD NOT BE RELIED UPON FOR MEDICAL PURPOSES. ALWAYS CONSULT A DOCTOR BEFORE BEGINNING A NEW EXERCISE REGIME OR DIET PROGRAM OF ANY KIND.

LIMITED (ONE YEAR) WARRANTY

THE MIO LIFESTYLE WATCH, EXCEPT THE BATTERY, IS WARRANTED TO THE ORIGINAL PURCHASER TO BE FREE FROM DEFECTS IN MATERIAL & WORKMANSHIP UNDER NORMAL USE FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE. DURING THE WARRANTY PERIOD, & UPON PROOF OF PURCHASE, THE MIO FITNESS WATCH WILL BE REPAIRED OR REPLACED (WITH THE SAME OR SIMILAR MODEL) AT THE OPTION OF THE MANUFACTURER, WITHOUT CHARGE FOR EITHER PARTS OR LABOR. THE WARRANTY DOES NOT APPLY TO DAMAGE RESULTING FROM ABUSE, MISUSE OR ALTERATION OF THE MIO WATCH. THIS INCLUDES ANY DAMAGE TO THE MIO THAT APPEARS TO BE CAUSED BY THE USE OF TOOLS. WITHOUT LIMITING THE FOREGOING, DAMAGE RESULTING FROM BENDING OR DROPPING THE MIO WATCH WILL BE DEEMED TO RESULT FROM ABUSE OR MISUSE. THIS WARRANTY IS VOID IF THE WATCH CASE OF THE MIO WATCH HAS BEEN OPENED OR OTHERWISE TAMPERED WITH. THERE IS A U.S. $12.00 CHARGE FOR HANDLING, POSTAGE & INSURANCE ON WARRANTY REPAIRS. CONTACT PHYSI-CAL CUSTOMER SERVICE TO ARRANGE FOR WARRANTY REPAIR OR REPLACEMENT BY PHONING 1-877-770-1116. IT CAN TAKE UP TO SIX WEEKS TO RECEIVE YOUR REPLACEMENT/REPAIRED WATCH AFTER YOUR DEFECTIVE WATCH HAS BEEN RECEIVED AT OUR WAREHOUSE. PLEASE NOTE THAT ONLY YOUR ORIGINAL RETAILER CAN OFFER REFUND ACCORDING TO THEIR OWN TERMS & CONDITIONS.
YOU CAN ALSO CONTACT US BY MAIL TO ARRANGE TO RECEIVE RETURN/REPLACEMENT SHIPPING AUTHORIZATION: MIO WATCH SERVICE CENTER, 7501 N. HARKER DRIVE, PEORIA, IL 61615, TOLL FREE 1-877-770-1116 FAX 1-309-689-6543
NEITHER THE WARRANTY NOR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY, SHALL EXTEND BEYOND THE WARRANTY PERIOD (ONE YEAR FROM DATE OF ORIGINAL PURCHASE). NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGE, INCLUDING BUT NOT LIMITED TO DAMAGE RESULTING FROM INACCURACY OF THE PRODUCT OR ANY OF ITS FUNCTIONS. THE LAWS OF SOME JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES SO THAT THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THE WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS & YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE. THIS WARRANTY IS VOID UNLESS THE MIO WATCH IS PURCHASED FROM AN AUTHORIZED MIO RESELLER.

MyMIO

Free! Motivational! Unlimited access!

ENERGY PRO includes membership to MyMIO, your complete health & wellness portal. Track, query and analyze your own biofeedback data.

Set yourself challenges and use the support of our free personal trainers and other MyMIO members to reach and surpass your goals. All MIO users have free access to this site, and those with Well Connect products can automatically upload their data. Join today to take advantage of everything MyMIO can do to help you achieve your health and wellness goals.

INCLUDES THE FAMOUS 3500 CALORIE CLUB™: BURN 3500 CALORIES, LOSE A POUND OF WEIGHT.

Visit mioglobal.com for more details.

CE

EU RESIDENTS: Do not dispose of this product as unsorted municipal waste. It is your responsibility to return this product to local recycling service.

EU-DECLARATION OF CONFORMITY
Physi-Cal Enterprises Inc. declares this Finger Sense heart rate Watch (Mio ENERGY PRO) is in compliance with EMC directive 2004/108/EC. A copy of the Declaration of Conformity is available on request from our Customer Service.

SPECIFICATIONS

12/24 Hour clock with **date** and **daily alarm** + **Calendar**: month, date, day display with auto leap year adjustment.

EXERCISE TIMER MODES
10 Hour Countdown Timer
Chronograph Resolution: **1/100 seconds**
Measuring range (h:mm:ss): **9:59:59.99**
25 laps
Split times display

4 HEART RATE TARGET ZONES
Maximum heart rate: **240 BPM**
Minimum heart rate: **40 BPM**
Calorie Range: **0–9999**
Fat Burn Range: **0–9999 g**

Height Range: **11"–8'4"**
Electroluminescent Backlight: **4 seconds**
Operating Temperature: **0°C to 40°C**
Lens: **acrylic**
Strap: **polyurethane**
Caseback and Buckle: **stainless steel**
Battery: **lithium type CR2032**

CHEST STRAP
Material: **polyurethane**
Battery: **lithium type CR2032**

Made in China
SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE

Water Resistance

50 meters

Do not push buttons underwater

The Heart Rate Measure function is not intended for use or operation in or under water.